Vestibular Rehabilitation

Vestibular disorders can have far-reaching effects on your life. For older adults, dizziness and imbalance can be a significant health crisis, often leading to falls and injuries. As a result, you may have less confidence in your balance, which can limit your activities and affect your independence. For younger people, dizziness or unsteadiness can affect your ability to drive, work or care for children.

Our physical therapists at Swedish have extensive experience and advanced training in evaluating and treating vestibular disorders. For your convenience, we have more than a dozen skilled therapists providing services at eight locations.

**Diagnosis**

People who experience dizziness often describe the symptoms as a sense of rocking, swimming, swaying or spinning. The symptoms can also make you feel nauseated or exhausted.

Getting the right diagnosis is essential for treatment to be effective. There are many diagnoses for vestibular disorders, including:

- BPPV, or benign paroxysmal positional vertigo
- Vestibular labrynthitis
- Unilateral and bilateral vestibular loss
- Concussion
- Migraine-related dizziness
- Motion sensitivity
- Central vestibular disorders
- Anxiety or psychosocial-related
- Cervical spine contributions to dizziness

**Treatment**

Our physical therapists treat many disorders that cause dizziness. Treatment options include:

- Canalith repositioning for vertigo
- Adaptation
- Substitution
- Habitation
- Biofeedback and relaxation techniques
- Sensory reweighing/integration
- Balance and gait training
- Cognitive/behavioral techniques
- Fall risk prevention
- Gaze stabilization exercises

For more information about our services and locations, visit Swedish.org/VestibularPT.